

Sunday, December 8:

Warmup (1000 yards)

4x50 free @1:00

6x50 kick @1:00

8x25 stroke @0:40

3x100 IM easy @2:00

Water Polo

or...

*GOLF = lowest possible (time + # of strokes)

Main Set (2000 yards)

2 rounds:

4x100 choice (#1 sprint first 25y, #2 sprint second 25) @2:00

8x25 kick fast @0:35/0:45

4x50 GOLF @1:00

4x50 at 90% max effort @1:00

Warm Down (200 yards)

4x50 choice easy

Monday, December 9:

25 Days of December!

- (1) 200 free
- (2) 100 choice
- (3) 5x50 kick @1:05
- (4) 100 fly
- (5) 6x25 backstroke
- (6) 50 yards dolphin dives
- (7) 1 minute tread water
- (8) 100 IM
- (9) 200 kick
- (10) 50 doggie paddle
- (11) 4x100 free @0:30 rest
- (12) 100 breast
- (13) 50 IM
- (14) 4x25 no breather @0:45
- (15) 50 fly
- (16) 200 IM
- (17) 2x25 yards streamline bobs
- (18) 50 tombstone kick
- (19) 100 surfing on your kickboards
- (20) 50 corkscrew
- (21) 200 breast
- (22) 100 only breaststroke pullouts
- (23) 4x25 free no breather
- (24) 200 pull
- (25) 2x50 easy free (3100 yards total)

Wednesday, December 11:

We have four dice, lanes will take turns rolling the dice, and the sum of the dice will determine what sets we do:

3. 1x200 IM

4. RELAY: 50's roller's choice of stroke

5. 4x25 dolphin dives @1:00

6. 1x50 all out max effort OTB (roller chooses stroke for everyone)

7. 6x25 tombstone kick @0:45

8. UNDERWATER ROCK PAPER SCISSORS TOURNEY, i.e. crown a champion in your lane, compete with neighboring champion, ... winner gets a prize!!! (can only do this once)

9. 2x100 roller's choice of stroke

10. 6x25 FLY @0:45

11. 2x75 backstroke @1:30

12. ROLLER'S CHOICE:

If new number is above

13. ROLLER'S CHOICE: 4x50 fly FAST @1:00 or... roller gets to re-roll...

if new number > 13 → 1x200 fly FAST

if new number ≤ 6x25 fly easy

14. 4x25 no breathers @1:00

15. 2x75 kick fast @1:30

16. RELAY: 50 freestyle

17. 3x50 pull @1:00

18. 2x125 freestyle @2:00

19. 6x25 breaststroke @0:40

20. 3x50 breaststroke @1:00

21. 300 freestyle

22. RELAY: 100 IM

23. 3x50 back long UWDK @1:00

24. 2x100 stroke @2:00